

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Bold items in calendar are new session beginnings or special events</u></p>	<p>****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090</p>			<p>1 8am: Men's Coffee Group 8:30am: Seniorcise make-up 10am: Grand Slam Bridge Group 10:30am: BINGO Noon: May Birthdays! Noon: BP and Ask a Nurse 12:30pm TRAVEL LOG w/Don 2pm: Trip Committee Meeting</p>	<p>2</p>  <p>Derby-Q Event 2pm- 7pm Old Town Square</p>
<p>4 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10am: Encore Collage Playshop: RETRO-introSPECTIVE Process 10:30am: Line Dancing Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p>	<p>6 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle</p> <p><u>TRIP Nationals Baseball</u> 1pm-3pm: Pickleball 1pm: Learn Spanish course 2:15pm: Come Sit Meditation</p>	<p>7 8am: Men's Coffee Group 9am-pm: Sky Meadow State Park 9am: Bocce Season Opener 10am Mah-Jongg 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am - Mother's Day Tea & Your Wedding Dresses Display 2:15pm: Stretch & Breathe</p>	<p>9</p> 
<p>11 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p>	<p>13 <u>Newport News 5/13-16:</u> VIRGINIA SENIOR GAMES</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP: Old Town Winchester</u> 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish 2:15pm: Come Sit Meditation</p>	<p>14- <u>VA Senior Games continue</u> 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>15- <u>VA Senior Games cont.</u> 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BINGO Noon: BP and Ask a Nurse 12:30pm Table Games 2:15pm: Stretch & Breathe 6pm-9pm ROCK THE BLOCK</p>	<p>16 <u>Virginia Senior Games Conclude in Newport News:</u> Badminton, Cycling, Track & Field Events, Volleyball + more: Archery, Basketball, Billiards, Bowling, Canasta, Disc Golf,</p>
<p>18 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dancing 10:30am: DAY AT THE RACES 10am: Mah-Jongg/ Chess Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga - \$5 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p> 	<p>20 8am: Men's Coffee Group <u>TRIP: Solomon's Island</u> 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish course 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation</p>	<p>21 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge Group 10am 90's Club 11:30am: Kick-off to Summer Barbeque and Potluck 2:15pm: Stretch & Breathe</p>	<p>23 Golf, Horseshoes, Mini Golf, Road Race, Pickleball, Tennis, Racquetball, Softball, Shuffleboard, Table Tennis, & Swimming.</p>
<p>25 Memorial Day Holiday Green Acres closed</p> 	<p>26 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3/4pm: Pickleball lessons: Beg/Int</p>	<p>27 Senior Health & Fitness Day *Take a Fitness Class for FREE! * Stop by the Front Desk!</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP: Bell Grove Plantation</u> 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish course 2:15pm: Come Sit Meditation</p>	<p>28 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am-Speaker:Housing Options 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10am 90's Club 10:30am: BUNCO 12:30pm Table Games 1:30pm Euchre Tournament 2:15pm: Stretch & Breathe</p>	<p>30</p> <p><u>3pm-8pm:</u> <u>Paddleboat on the Tidal Basin</u> <u>Van Trip</u></p>

CITY OF FAIRFAX SENIOR CENTER

June 2015




(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
1 Niagara Falls & Toronto depart 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon - NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	2 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta / Military History 1pm Hospitality Committee Mtg. 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int	3 8am: Men's Coffee Group 10am: Pinochle <u>TRIP: Occoquan Boat Ride</u> 1pm: Learn Spanish course 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	4 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	5 8am: Men's Coffee Group 9:15am/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: June Birthdays! Noon: BP and Ask a Nurse 1:30pm Euchre – learn to play! 2:15pm: Stretch & Breathe 2pm: Trip Committee Meeting Niagara Falls & Toronto returns	6 D Day 1944 Check out our website www.fairfaxva.gov *Calendar subject to change. Updates posted on website and at senior center.
8 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 11am: Feldenkrais Class 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	9 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3/4pm: Pickleball lessons: Beg/Int	10 8am: Men's Coffee Group <u>TRIP: Misty Meadows</u> Noon Table Games 1pm: Learn Spanish course 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	11 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 12:30pm: Marketing Committee Mtg. 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	12 8am: Men's Coffee Group 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO 11:30am: Living Longer at Home with Rob Rickert 1:30pm Euchre 2:15pm: Stretch & Breathe	13 Sunday, June 14: Flag Day 
15 8am: Men's Coffee Group 8:30am July-Aug Trip Registration 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES Noon: NOVA Neighbors Bridge 12pm: Trip Register online / phone 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	17 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP A Funny Thing Happened</u> Noon Table Games 1pm-3pm: Pickleball 1pm: Learn Spanish course 2:15pm: Come Sit Meditation	18 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10am Mah-Jongg 10:30am: German Conversation 10:30am Elements of Fly Fishing 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit	19 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Father's Day Breakfast 10:30am: BINGO Noon: BP and Ask a Nurse 12:30pm Table Games 1:30pm Euchre 2:15pm: Stretch & Breathe 6pm-9pm ROCK THE BLOCK	20 Sunday, June 21: Father's Day 
22 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11am: Feldenkrais floor class 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3/4pm: Pickleball lessons: Beg/Int	24 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP Riverside, Frank</u> 1pm: MOVIE & POPCORN: 1pm: Learn Spanish course 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	25 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fabric Fanatics Sewing 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit	26 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am 90's Club 10:30am: BUNCO 11am: Fall Prevention Program Noon: Refreshments 1pm: Games 1:30pm Euchre 2:15pm: Stretch & Breathe	27
29 8am: Men's Coffee 9:30am: Bridge 10am: Mah-Jongg /Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga	30 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int			Bold items in calendar are new session beginnings or special events	****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090

CITY OF FAIRFAX SENIOR CENTER

July 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>July – August Trips published in early June with Registrations beginning Monday, June 15 at 8:30am</p>		<p>1 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA 11:30am: Independence Day Cookout & Potluck Luncheon Noon: Table Games 1-3pm: Pickleball</p>	<p>2 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>3 Holiday for Independence Day <u>Senior Center Closed</u></p>	<p>4 Independence Day 10am: Parade</p> 
<p>6 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing Noon NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm Hospitality Committee Meeting 3/4pm: Pickleball lessons: Beg/Int</p>	<p>8 8am: Men's Coffee Group 30am: Seniorcise 10am: Pinochle Trip TBA Noon Table Games 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>9 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>10 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: July Birthdays! Noon: BP and Ask a Nurse 1:30pm Euchre 2pm: Trip Committee Meeting</p>	<p>11</p>
<p>13 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>16 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am: LUNCH BUNCH-PJ Skidoos 1pm-3pm: Pickleball 1pm-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>17 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO Noon: Brown Bag Day /Games 1:30pm Euchre 6pm-9pm ROCK THE BLOCK</p>	<p>18</p> 
<p>20 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:15am: Line Dancing 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 1pm-3pm: Pickleball 4pm-5:30pm: Art for Seniors</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11am: Feldenkrais floor class 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3/4pm: Pickleball lessons: Beg/Int</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA 1pm-3pm: Pickleball 2:15pm: Meditation – no class</p>	<p>23 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>24 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10:30am: BINGO Noon: BP and Ask a Nurse Noon: Brown Bag Day /Games 1:30pm Euchre</p>	<p>25 <u>Bold items in calendar are new session beginnings or special events</u></p>
<p>27 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>28 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11am Feldenkrais floor class 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>30 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>31 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi- Adv. 10am 90's Club 10:15am: Tai Chi – Beg. 10:30am: BUNCO 2:15pm: Stretch & Breathe</p>	<p>****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>

CITY OF FAIRFAX SENIOR CENTER

August 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
3 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon – NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11am: Feldenkrais floor class 11am-1pm Fitness Room Orientation 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm Hospitality Committee Meeting	5 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA Noon: Fitness walk 1pm-3pm: Pickleball 2:15pm Come Sit and Meditation	6 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi - Beg 10:30am: BINGO Noon: August Birthdays Noon: BP and Ask a Nurse 12:30pm: Corn Hole 2pm: Trip Committee 2:15pm: Stretch & Breathe	8 July – August Trips published in early June with registrations beginning Monday, June 15 at 8:30am
10 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11am: Feldenkrais floor class 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	12 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	13 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi - Beg 10:30am: BUNCO 12:30pm: Corn Hole 2:15pm: Stretch & Breathe	15
17 8am: Men's Coffee Group 8:30am: Sept-Oct Trips Registration; 12: online/phone 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon – NOVA Neighbors Bridge 1pm: Table games 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip TBA 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	20 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg 10:15am: Fairfax Antique Arts 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit	21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi –Beg. 10:30am: BINGO Noon: BP and Ask a Nurse Noon: Table Games 2:15pm: Stretch & Breathe 6pm-9pm ROCK THE BLOCK	22 9am-5pm: Chill Out and Float the Antietam Creek Van Trip 
24 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	25 8am: Men's Coffee Group 8:30am: Seniorcise- class cancel 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	26 8am: Men's Coffee Group 8:30am: Seniorcise- class cancel 10am: Pinochle Trip TBA 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	27 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg 10:30am: German Conversation 11:30am: LUNCH BUNCH 12:30pm: Fabric Fanatics 1pm-3pm: Pickleball / Millennium Art 2:15pm: Sit & Get Fit	28 8am: Men's Coffee Group 9:15am: Tai Chi – Adv. 10:15am: Tai Chi – Beg. 10am 90's Club 9:30am: Coupons for Military 10:30am: BUNCO 11am: Rummy 12:30pm: Corn Hole 2:15pm: Stretch & Breathe	29
31 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 1pm-3pm: Pickleball 2:15pm: Chair Yoga					<u>Bold items in calendar are new session beginnings or special events</u>

